



SlenderFX

Weight Management
System by Youngevity®

Youngevity

YOUNGEVITY®
PRESENTS THE...

SlenderFX™

Weight Management
System by Youngevity®

#21010V

(System with French Vanilla Shake)



#21010C

(System with Chocolate Fudge Shake)

Youngevity®

SlenderFXTM

Weight Management System by Youngevity[®]

Whether you're looking for cutting-edge products to achieve your personal weight and wellness goals, or you're looking to build a successful business that suits your lifestyle, the Slender FXTM Weight Management System is for you!

The Problem

With overweight and obesity reaching epidemic levels worldwide, healthy weight management has become the nation's top health priority.

In the United States alone, more than 1/3 of adults (34.9% or 78.6 million) are obese. Obese, for an adult, is defined as having a BMI of 30 or higher. For a child, obesity is defined as having a BMI at or above the 95th percentile for children of the same age and sex. Sadly, in the U.S., 8.4% of children 2 – 5 years are considered obese, compared to 17.7% of children 6 to 11 years and 20.5% of adolescents 12 to 19 years old. Most obese adolescents carry their weight issues into adulthood, suggesting a new generation of obese adults.

Many of society's most prevalent health concerns point directly to overweight and obesity as significant factors, including:

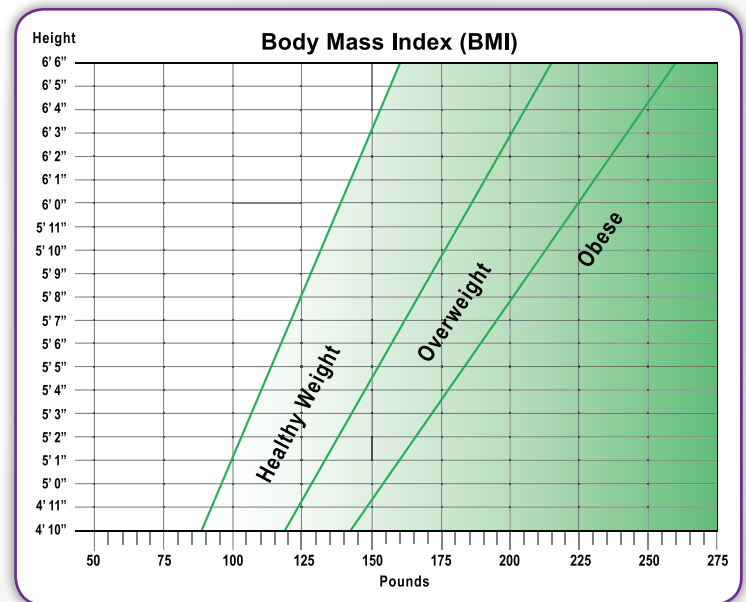
- Cardiovascular Issues
- Liver Function Imbalance
- Blood Sugar Imbalance
- Joint Issues and Mobility
- Self-Esteem

It's estimated that obesity-related medical care costs Americans up to \$190.2 billion annually.³

Overweight and obesity not only affect our health and our pocketbooks, they lessen our ability to enjoy life to the fullest!

Know Your Risk

Surprisingly, many people are unaware that they have a weight problem! An easy way to gauge whether you're overweight or obese (and at risk to develop a host of serious health concerns) is to compare your current height and weight to the **Body Mass Index (BMI)** chart below. BMI is a number calculated from a person's weight and height. BMI does not measure the amount of fat in your body, but research has shown that BMI correlates directly to body composition (the ratio of unhealthy fat to healthy muscle).



A higher BMI is associated with a greater risk to develop weight-related health problems.

(Note: Although BMI can be used for most men and women, it does have some limits. For example, it may overestimate body fat in athletes and others who have a high muscle-to-fat ratio. Conversely, it may underestimate body fat in older persons who have lost muscle.)

Another good indicator of obesity is your **Waist-to-Hip Ratio (WHR)**. If most of your fat is around your middle (i.e., you're an "apple shape"), you may have a higher risk for developing weight-related health issues. To calculate your WHR, measure your waist using a tape measure at its narrowest point and your hips at their widest point. Then divide your results from your waist by the result of your hips. The resulting number is your WHR.

Waist to Hip Ratio Chart

Male	Female	Health Risk <small>(Based Solely on WHR)</small>
0.95 or below	0.80 or below	Low Risk
0.96 to 1.0	0.81 to 0.85	Moderate
1.0+	0.85+	High Risk

Take Charge of Your Health

Let's be honest. Your weight isn't going to change unless you do something different. And by "different" we don't mean going on another yo-yo diet. There's a reason most diets fail—they focus only on short-term loss of pounds, not long-term healthy weight.

Instead, you can achieve *lifelong results* if you make a solid commitment to reaching and maintaining a *healthy* weight. The commitment is often the hardest part, but once you've made this important decision to take charge of your life and your health, you'll be well on your way to a better quality of life.

Tips for Healthy Weight Management

Achieving and maintaining a healthy weight takes more than just consuming fewer calories. You need to make sure you're consuming the **RIGHT** calories, plus exercising regularly and being consistent in order to have long-lasting weight loss.

Know what you're eating. We suggest you keep a food diary to help make you aware of what you're eating. Write down not only meals (including beverages), but snacks too. Being informed will empower you to make better choices.

In with the good, out with the bad. You don't have to give up great food to achieve a healthy weight. Many great foods are good for you! Just be sure to eat in moderation and avoid unhealthy choices such as foods that are heavily processed or high in fat and sugar (such as potato chips, sugary snacks, fried foods, and soft drinks). You'll be pleasantly surprised at the results you can achieve just from eating healthier!

Eat a rainbow of colors. Make the decision to eliminate over-processed, high-fat, high-sugar foods and replace them with fresh, colorful, non-processed foods. Instead of a cheeseburger and fries for lunch, opt for a grilled chicken salad with colorful vegetables and low-fat dressing. In addition to being lower in calories, fresh foods are loaded with nutrients that deliver greater energy, clearer skin, and other great health benefits!

Drink to your health. A large systemic review of 88 scientific studies revealed clear associations between soft drinks and weight gain. Switching from "regular" to "diet" sodas doesn't help—emerging research suggests that drinking any sugary-tasting beverages develops our taste for sweet (e.g., high-calorie) foods in general. Replace soft drinks, lattes, and other calorie-laden drinks with spring water or other healthier choices.⁴

Get moving. Put one foot in front of the other and start walking! Moderate exercise is invigorating and healthy too! Just 10 to 15 minutes of moderate activity is a great start. Take a stroll, ride a bike, walk the dog, or take a yoga class. You don't have to become a star athlete—numerous studies have shown that non-vigorous exercise, such as a brisk walk, can provide health benefits comparable to those of more vigorous activities like running. Resistance exercises such as gentle weight lifting are good too—they help strengthen bone and build healthy muscle.

Meal replacement shakes and supplements for targeted nutrition. Making sure you're getting the right macro- and micronutrients is essential for successful weight management. A high-quality protein shake can provide a wide spectrum of vitamins, minerals, and other nutrients to support energy levels throughout the day while containing few calories. High-quality supplements can provide targeted nutrition in concentrated amounts not available through food alone. Dietary fiber and certain herbs provide natural detox support, helping the body rid itself of waste it no longer needs.

Are You Ready for a New You?

Shedding just 5 to 10 percent of your beginning body weight can make a huge difference in the way you look and feel. As you continue on your weight loss journey, your clothes will fit better and you'll feel more energy, stamina, and vitality. Just as importantly, you'll begin to enjoy health benefits such as:

- Healthy Cholesterol Levels[†]
- Healthy Blood Pressure Levels[†]
- Blood Sugar Balance[†]
- Promotes Restful Sleep[†]

This Revolutionary System Includes:

SLENDER FX™ Sweet Eze™

SLENDER FX™ SWEET EZE™ which contains chromium, vanadium, cinnamon bark and other supportive herbs, is formulated to nutritionally support healthy blood sugar levels†. Take 1 capsule with each meal, or as directed by your healthcare professional.



SLENDER FX™ Food Fiber™ (2 bottles)

Studies show that most adults are not getting enough soluble fiber in their daily diets. Soluble fiber helps maintain healthy weight, balanced blood sugar levels and healthy digestion†. We've made it easier to get more fiber! When added to most foods, this amazing product has virtually no taste, and can actually accentuate the flavor of your favorite foods. Add SLENDER FX™ FOOD FIBER to hot cereals, soups, salads, meat or pasta dishes, throughout your day. Taken as directed, Slender FX™ Food Fiber adds an additional 7 grams of high tech fiber to your daily diet.

SLENDER FX™ Meal Replacement Shake

Finally, a meal replacement protein shake that tastes great! Offered in **Chocolate Fudge** or **French Vanilla**, SLENDER FX™ MEAL REPLACEMENT SHAKE was developed to reduce the amount of calories you consume while providing the nutrition your body needs to function optimally†. Simply replace one meal, such as lunch or dinner, with a delicious Slender FX™ Meal Replacement Shake. It's a simple way to assist in portion control. Slender FX™ Meal Replacement Shake contains 35% of the RDI of most essential vitamins and major minerals, while also providing 14 grams of protein.



SLENDER FX™ Cleanse FX™

A proprietary blend of gentle cleansing herbs that is an integral part of the Slender FX™ Weight Management System. Many health professionals believe optimal health begins with the digestive system. SLENDER FX™ CLEANSE FX™ helps cleanse and purify the body by supporting detoxification of the digestive system. Simply take 1 to 2 capsules before bed with at least 8 ounces of purified water. Cleanse FX™ helps your body cleanse and renew itself as you wind down from your busy day†.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Sources:

1. Centers for Disease Control and Prevention. Overweight and obesity.
2. Centers for Disease Control and Prevention. Childhood overweight and obesity.
3. National League of Cities. www.healthycommunitieshealthyfuture.org
4. Vartanian LR, Schwartz MB, Brownell KD. Effects of soft drink consumption on nutrition and health: a systematic review and meta-analysis. *Am J Public Health.* 97(4):2007.

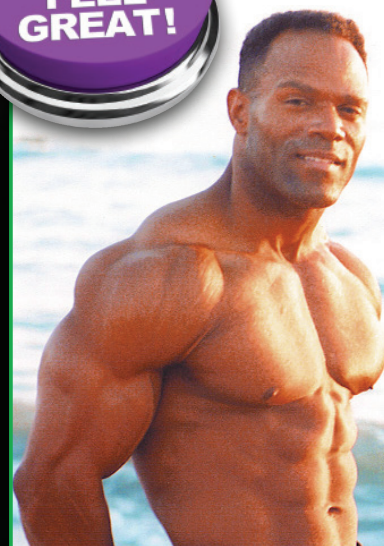
**Need to LOSE weight
and get yourself
on the road to
OPTIMAL HEALTH?**



Achieving a long-term, healthy weight is about making permanent lifestyle changes that will help you make the right choices and help you develop healthy habits. Get Ready and Get Slender with the SLENDER FX™ WEIGHT MANAGEMENT SYSTEM!

**We want YOU to be
the Biggest WINNER!**

**LOSE
WEIGHT,
FEEL
GREAT!**



**GENE NELSON: Body Builder,
Athletic Advisory Board Member**

SLENDER FX™ WEIGHT MANAGEMENT SYSTEM INCLUDES:

SWEET-EZE™

Supplement Facts

Serving Size: 1 capsule
Servings Per Container: 120

	Amount per Serving	%DV*
Chromium (from chromium amino acid chelate)	100 mcg	83%
Cinnamon Bark	200 mg	**
L-Aspartic Acid	150 mg	**
Ginseng Root (Panax ginseng)	50 mg	**
Gymnema Leaf Extract	30 mg	**
Bitter Melon Fruit Extract (40:1)	10 mg	**
Jambolin Seed Extract (16:1)	10 mg	**
Vanadium (from vanadium amino acid chelate)	200 mcg	**

* Daily Values (DV) are based on a 2,000 calorie diet for adults and children over 4 years of age.

** Daily Value not established.

OTHER INGREDIENTS: Gelatin capsule (gelatin and water) and magnesium stearate.

CLEANSE-FX™

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 30

	Amount per Serving	% DV*
Flax Seed (Linum usitatissimum)	600 mg	**
Cape Aloe Leaf (Aloe ferox)	300 mg	**
Rhubarb Root (Rheum sp.)	300 mg	**
Triphala (blend of Amla fruit, belleric myrobalan fruit and chebulic myrobalan fruit)	100 mg	**
Slippery Elm Bark (Ulmus rubra)	100 mg	**
Marshmallow Root (Althaea officinalis)	100 mg	**

** Daily Value not established.

* Daily Values are based on a 2,000 calorie diet for adults and children over 4 years of age.

OTHER INGREDIENTS: Vegetable capsule (hypromellose and water).

FOOD FIBER

Supplement Facts

Serving Size: 3.5 grams (1 level teaspoon)
Servings Per Container: 14

	Amount per Serving	% DV*
Calories	10	
Calories from Fat	0	
Total Fat	0 g	0%
Sodium	10 mg	<1%
Total Carbohydrates	3 g	1%
Dietary Fiber	3 g	12%
Soluble Fiber	3 g	**
Protein	0 g	0%
Proprietary Blend	3.5 g	**

(Acacia Gum, Maltodextrin, Isomaltoligosaccharide, Glucumannan)

Not a significant source of Vitamin A, Vitamin C, Calcium or Iron.

** Daily Value not established.

* Daily Values are based on a 2,000 calorie diet for adults and children over 4 years of age.

MEAL REPLACEMENT SHAKE (FRENCH VANILLA)

Nutrition Facts

Serving Size: 32.5 g (1 scoop)
Servings Per Container: 30

	Amount per Serving	Whey	w/1 Cup Skim Milk
Calories	125	210	
	% Daily Value**		
Total Fat	1 g *	2%	2%
Saturated Fat	0 g	0%	0%
Trans Fat	0 g		
Cholesterol	0 mg	0%	2%
Sodium	60 mg	3%	7%
Potassium	140 mg	4%	15%
Total Carbohydrate	12 g	4%	8%
Dietary Fiber	6 g	24%	24%
Insoluble Fiber	3.5 g		
Sugars	6 g		
Protein	14 g	28%	45%
Vitamin A	2500 IU	50%	60%
Vitamin C	30 mg	50%	50%
Calcium	300 mg	30%	60%
Iron	4.5 mg	25%	25%
Vitamin D	1000 IU	250%	280%
Vitamin E	15 IU	50%	50%

	Amount per Serving	Whey	w/1 Cup Skim Milk
	% Daily Value**		
Thiamin	0.75 mg	50%	60%
Riboflavin	0.85 mg	50%	80%
Niacin	10 mg	50%	50%
Vitamin B6	1 mg	50%	50%
Folic Acid	200 mcg	50%	50%
Vitamin B12	1000 mcg	16670%	16690%
Biotin	150 mcg	50%	50%
Pantothenic Acid	5 mg	50%	60%
Phosphorus	200 mg	20%	45%
Iodine	105 mcg	70%	70%
Magnesium	80 mg	20%	25%
Zinc	7.5 mg	50%	60%
Selenium	21 mcg	30%	40%
Manganese	5 mg	250%	250%
Chromium	18 mcg	15%	15%
Molybdenum	20 mcg	25%	25%

*Amount in Slender FX™ Shake. A serving of Youngevity® Slender FX™ Shake plus skim milk provides 1 g fat, 5 mg cholesterol, 163 mg sodium, 522 mg potassium, 24 g carbohydrate (18 g sugars) and 22 g protein.

**Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: Slender FX™ Custom Protein Blend (Micro-filtered whey [milk] protein concentrate, pea protein, rice sprouts protein, quinoa protein, chia protein, flax protein), microcrystalline cellulose, RejuvaSweet™ (Naturally Sweet Branched and Linear Chain Cellular Energy Concentrates [organic brown rice syrup solids, citric acid, organic rice bran], Organic Evaporated Cane Juice, Fructooligosaccharides, Stevia), di-calcium phosphate, natural vanilla flavor, sunflower lecithin, xanthan gum, potassium citrate, Vitamin B12, magnesium oxide, guar gum, psyllium, maltodextrin, spirulina, Slender FX™ Metabolism Boosting Botanical Blend (70% Standardized Garcinia cambogia, 20% standardized Coleus forskohlii, 30% catechin-standardized Green Tea, glutamine), choline bitartrate, inositol, Vitamin C, Vitamin E (d-alpha tocopheryl acetate), apple pectin, biotin, zinc oxide, niacinamide, manganese sulfate, Vitamin A (palmitate), calcium pantothenate, lecithin, lemon bioflavonoids, ergocalciferol, papaya, chlorophyll, pyridoxine HCl, riboflavin, thiamine HCl, ferrous fumarate, folic acid, bromelain, chromium chloride, potassium iodide, sodium molybdate and sodium selenite.

MEAL REPLACEMENT SHAKE (CHOCOLATE FUDGE)

Nutrition Facts

Serving Size: 34 g (1 scoop)
Servings Per Container: 30

	Amount per Serving	Whey	w/1 Cup Skim Milk
Calories	125	210	
	% Daily Value**		
Total Fat	1 g *	2%	2%
Saturated Fat	0 g	0%	0%
Trans Fat	0 g		
Cholesterol	0 mg	0%	2%
Sodium	60 mg	3%	7%
Potassium	210 mg	6%	17%
Total Carbohydrate	12 g	4%	8%
Dietary Fiber	6 g	24%	24%
Insoluble Fiber	3.5 g		
Sugars	5 g		
Protein	14 g	28%	45%
Vitamin A	2500 IU	50%	60%
Vitamin C	30 mg	50%	50%
Calcium	300 mg	30%	60%
Iron	6.5 mg	35%	35%
Vitamin D	1000 IU	250%	280%
Vitamin E	15 IU	50%	50%

	Amount per Serving	Whey	w/1 Cup Skim Milk
	% Daily Value**		
Thiamin	0.75 mg	50%	60%
Riboflavin	0.85 mg	50%	80%
Niacin	10 mg	50%	50%
Vitamin B6	1 mg	50%	50%
Folic Acid	200 mcg	50%	50%
Vitamin B12	1000 mcg	16670%	16690%
Biotin	150 mcg	50%	50%
Pantothenic Acid	5 mg	50%	60%
Phosphorus	200 mg	20%	45%
Iodine	105 mcg	70%	70%
Magnesium	80 mg	20%	25%
Zinc	7.5 mg	50%	60%
Selenium	21 mcg	30%	40%
Manganese	5 mg	250%	250%
Chromium	18 mcg	15%	15%
Molybdenum	20 mcg	25%	25%

*Amount in Slender FX™ Shake. A serving of Youngevity® Slender FX™ Shake plus skim milk provides 1 g fat, 5 mg cholesterol, 163 mg sodium, 592 mg potassium, 24 g carbohydrate (17 g sugars) and 22 g protein.

**Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: Slender FX™ Custom Protein Blend (Micro-filtered whey [milk] protein concentrate, pea protein, rice sprouts protein, quinoa protein, chia protein, flax protein), cocoa, microcrystalline cellulose, RejuvaSweet™ (Naturally Sweet Branched and Linear Chain Cellular Energy Concentrates [organic brown rice syrup solids, citric acid, organic rice bran], Organic Evaporated Cane Juice, Fructooligosaccharides, Stevia), di-calcium phosphate, natural chocolate flavor, xanthan gum, natural vanilla flavor, potassium citrate, vitamin B12, guar gum, psyllium, maltodextrin, magnesium oxide, oat bran, Slender FX™ Metabolism Boosting Botanical Blend (70% Standardized Garcinia cambogia, 20% standardized Coleus forskohlii, 30% catechin-standardized Green Tea, glutamine), spirulina, choline bitartrate, inositol, Vitamin C, Vitamin E (d-alpha tocopheryl acetate), biotin, apple pectin, bee pollen, zinc oxide, niacinamide, Vitamin A (palmitate), manganese sulfate, ferrous fumarate, calcium pantothenate, lecithin, lemon bioflavonoids, ergocalciferol, papaya, chlorophyll, pyridoxine HCl, riboflavin, thiamine HCl, folic acid, potassium iodide, bromelain, chromium chloride, sodium selenite and sodium molybdate.

MANUFACTURED IN THE U.S.A. FOR:

Youngevity

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